



Standard Laboratory Operating Procedure #1100 Soy Milk

Laboratory: Biotechnology
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Location: Food Science Lab
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General: One of the primary benefits of drinking soy milk is that it is lactose free. Many people cannot digest lactose resulting in gastrointestinal problems.

Safety: Safety glasses

Materials: 200 g dried soy beans

Optional: 15 to 30 grams of sugar

Procedure:

1. Rinse the soybeans and soak in water overnight. Make sure the soybeans are covered with water.
2. Rinse hydrated soybeans and place in a blender.
3. Add 350 ml of boiling water to the blender.
4. Blend until a thick paste forms, about 3 to 4 minutes.
5. Transfer paste to a large sauce pan. Add 1400 ml boiling water and heat over medium high until simmering.
6. Reduce heat and simmer 15 to 20 minutes.
7. Filter bean mixture through cheese cloth for 5 to 10 minutes. Yield should be about 470 ml.
8. Optional: add 15 to 30 grams of sugar to taste.
9. Refrigerate immediately, keeps up to 3 days.